

**Weekly Station Housekeeping. Crew Off Duty.**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-Sleep
06:40-07:30	.	Breakfast
07:30-10:30	.	Weekly Station Housekeeping
10:30-11:05	CDR	SFOG Candle Replacement and Activation ( <b>Report to MCC</b> No. of Candle Being Installed)
11:10-11:30	.	Weekly ISS Crew/Program Management Conference ( <i>S-band</i> )
11:40-12:40	CDR	Physical Exercise (VELO + FL1) – Day 1
12:40-13:40	.	Lunch
13:40-14:10	.	Weekly Planning Conference ( <i>S-band</i> )
14:10-14:40	CDR	COX Maintenance
15:00-15:35	CDR	SFOG Candle Replacement and Activation ( <b>Report to MCC</b> No. of Candle Being Installed)
15:10-15:25	FE-1	Private Family Conference ( <i>S-band</i> )
16:35-16:40	FE-1	CO2 Monitoring
16:40-16:55	FE-1	Complete PCS Reboot (Weekly)
16:55-17:55	FE-1	Physical Exercise - CEVIS
17:55-19:25	FE-1	Physical Exercise - RED
17:55-19:25	CDR	Physical Exercise – TVIS – Day1
19:25-19:30	FE-1	TVIS, RED, and HRM Data Transfer to MEC
19:30-20:00	.	Dinner
20:00-20:30	.	Food Prep
20:30-21:30	.	Pre-Sleep
21:30-06:00	.	Sleep
<b>Task List</b>	CDR	Rokviss Data Downlink via ISS Wiener
		Uragan
		PULSE

**Note:** cf. OSTP for missing references to US activities

End of Radiogram